



**Body and Soul Yoga of Harpswell** offers classes in three locations—Kellogg Church, Harpswell Town Office, and a new class at the Dipper Cove Clubhouse. Janet Alexander has 8 years of teaching experience and 17 years as a practioner. Learn to breathe, stretch gently to increase flexibility, relax more deeply, strengthen the body and improve balance. All levels are welcome. No experience necessary. **January 12th kicks off the new year with a FREE class!**

### Free Class

Tues., January 12<sup>th</sup>  
Kellogg Church  
4:00-5:15 p.m.

Mats and blankets will be provided.

Stay for light refreshments and meet your yogi neighbors!  
(This is not a church-sponsored event)

**Registration required by January 5th**

**New!**

### Dipper Cove Class

Tues. Jan 19<sup>th</sup> - Feb 23<sup>rd</sup>  
Dipper Cove Club House  
9:45 a.m. to 11:00 a.m.

See web site for directions.  
Bring a mat and 2 blankets.  
6 wks. for \$60.00

Make checks payable to Janet Alexander.

**Registration required by January 5th**

### Kellogg Church Class

Tues. Jan 12<sup>th</sup> - Mar 2<sup>nd</sup>  
(no class Jan 26<sup>th</sup>)  
4:00 to 5:15 p.m.

Mats/blankets provided  
7 wks. for \$60.00 (this includes Jan 12<sup>th</sup> free class)  
Make checks payable to Janet Alexander.

(This is not a church-sponsored event)

**Registration required by January 5th**

### Town Hall Class

Thurs. Jan 14<sup>th</sup> - Mar 4<sup>th</sup>  
9:45 to 11:00 a.m.

Bring mat; blankets will be provided

8 wks. for \$80.00

Checks payable to:

Town of Harpswell

(Sponsored by the

Harpswell Rec Department)

**Registration required by January 5th**

Drop-in fee for all classes is \$12.00. You may makeup any class at any of the other class times. **Due to space limitations, registration and pre-payment for all classes is required and due on January 5th.** For town hall class, use form below and mail to Town of Harpswell, P.O. Box 39, Harpswell, ME 04079; for other classes, call Janet or use the web site. Sorry, there are no refunds after classes begin. Chair yoga classes will resume in the spring. Questions about the Town Hall class registration? Call 207-833-5771 or email harpswellrec2@suscom-maine.net. Instructor questions? Call Janet at 207-729-8842 or email janetalexander@bodyandsoulyoga.me.

[www.bodyandsoulyoga.me](http://www.bodyandsoulyoga.me)

Please detach here

Registration for **Yoga Classes** Winter 2010

For office use only

\_\_\_\_#R4189

\_\_\_\_Date

Name \_\_\_\_\_

Phone (day)\_\_\_\_\_

Address \_\_\_\_\_

Phone (eve.)\_\_\_\_\_

\_\_\_\_\_

E-mail \_\_\_\_\_

Zip \_\_\_\_\_

**\*\*Photos or videos taken may be used for local publicity\*\***

#### Release from Liability

Inconsideration of the permission granted to me to participate in the Yoga Class in 2010, I herby release and discharge Janet Alexander and the Town of Harpswell from all actions, causes of action, damages, caims or demands which I, my heirs, executors, administrators, and assigns may have against the aforementioned parties, for all personal injuries, known or unknown, which I have or may incur by participation in the above-mentioned activities. I realize I am responsible for any medical expense I may incur for njuries while participating in the above-mentioned activities. I give the instructor permission to obtain whatever medical treatment may be necessary in the event of an injury.

Date \_\_\_\_\_ Signature \_\_\_\_\_ (participant)

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by  
Concierge  
Denise